

Lymphedema

Lymphedema is a build-up of fluid in the fatty tissues just under the skin that causes swelling. Radiation or cancer impacting the lymph system can increase the risk of lymphedema.

TRY THIS

Wear loose clothing. Avoid pressure and squeezing of the affected area.

Avoid overuse. Repetitive movements can make your symptoms worse.

CHECK THIS OUT

Visit the Springboard page on Lymphedema.

<https://smokefree.gov/springboard/symptoms/lymphedema>

Learn more about lymphedema (<http://goo.gl/EgMIPo>) and ways to manage lymphedema (<http://go.usa.gov/xxJsY>).